



**Summer Becoming
an Outdoors-Woman
Workshop
August 3-5, 2018**

Join us in celebrating 25 years of BOW in Montana with a weekend of self discovery and adventure at beautiful Birch Creek CCC camp!



Schedule of Events

<u>Friday, August 3</u>		<u>Saturday, August 4</u>		<u>Sunday, August 5</u>	
Participant Check In	10:00 am to 12:00 pm	Breakfast	7:00 am to 8:00 am	Breakfast	7:00 am to 8:00 am
Lunch	Noon to 1:00 pm	Session II	8:00 am to 11:30 am	Session IV	8:00 am to 11:30 am
Welcome/Overview	1:00 pm to 1:30 pm	Lunch	12:00 pm to 1:00 pm	Lunch	11:30 am to 12:30 pm
Session I	1:30 pm to 5:00 pm	Session III	1:00 pm to 4:30 pm		
Social Hour	5:00 pm	Social Hour	4:30 pm		
Book Club	5:00pm	Dinner	6:00 pm		
Dinner	6:30 pm	Evening Program	7:00 pm		
Evening Program	7:30 pm	Door Prizes	8:30 pm		

Registration Process: Successful applicants will be notified with a letter of confirmation and directions to Birch Creek CCC camp. A waiting list will also be generated. Unsuccessful applicants will receive a full refund.

Birch Creek Civilian Conservation Corps (CCC) Camp: Nestled in the Pioneer Mountains, the Birch Creek Civilian Conservation Corps (CCC) Camp was constructed in 1935 as part of President Franklin D. Roosevelt's "New Deal." It operated for 6 years with a peak enrollment of over 200 men. Birch Creek is one of the best remaining examples of a CCC camp in the nation and was listed on the National Register of Historic Places in 1982. The Bender Center was constructed at Birch Creek by the University of Montana Western in 1984. It provides a place for diverse educational, recreation, and social opportunities. Of the 15 original buildings, 6 remain today. This is a rustic camp. Cell phone reception is spotty and there is no WI-FI.

Lodging – Bunk beds are located in the Bender Center and in the original CCC buildings. One bathroom and shower is located in each of the original buildings. There is electricity in each building, but no air conditioning or refrigerators. Plan on bringing a fan of some kind as it may get warm in August. You will need to bring your own bed linens/sleeping bag, blankets, pillow and towel.

Camping – Tents and campers are welcome at Birch Creek. There are no designated tent camp sites and no hook-ups. Campers will park in the parking lot near the Bender Center. Bathrooms/showers are available in the original buildings. Historically there have been black bears in the area so campers will need to follow bear aware food storage and clean camp rules.

Raffle & Auction: Participants have a chance to win door prizes and raffle items. The silent auction has become a fun tradition at the workshop. We invite you to bring items for the silent auction, and/or bid on items.

BOW Store: BOW logo clothing and other items are available for purchase during the workshop. Proceeds from the store, silent auction and raffle go back to support the Montana BOW program. Cash and checks accepted.

Car Pool: If you are interested in car-pooling, check that box on the registration form. We will generate a contact list for those who request it so you can make your own car-pool arrangements.

Contact Information: Montana Fish, Wildlife & Parks: (406) 444-9948. Hearing impaired use Montana Relay: 711 or 1-800-253-4091.

What to Bring: The weather in Montana can change very quickly so pack warm clothes and rain gear. Items to bring include hiking boots or walking shoes, a water bottle, hat, sunscreen, insect repellent and flashlight or headlamp. Many classes are held outside (rain or shine) so come prepared.

BOW Book Club: We are reading *Field Notes from the Montana Natural History Center*. *Field Notes from the Montana Natural History Center* showcases 134 Field Notes written by 112 contributors over the past 25 years. The book also includes dozens of drawings by naturalists in our community and cover and section illustrations by the talented Stephanie Frostad. Books can be purchased from <http://www.montanaturalist.org/field-notes-book/> or Amazon. Please check the appropriate box on the registration form if you want to participate in the book club.

WORKSHOP DESCRIPTIONS

Wilderness Survival 1-Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Don't go outdoors unprepared! Learn the skills you need and the items you should always carry to survive an unexpected night, or two, in the outdoors. This is information every woman should know! ***This is a prerequisite for anyone who wants to take the Wilderness Survival 2 class.**

Backpack Chef: Gourmet meals from your backpack? Sure thing! Go from basic survival to light-weight, compact yet elegant and decadent dining. Bon Appetite!

Beginning Plant ID: This class will expose you to basic plant terminology, observation techniques, and helpful field guides. You'll have lots of "hands-on" identification of trees, shrubs and flowering plants while rambling around the meadows and forests near camp. This class is for someone with no previous formal experience with plant identification.

Introduction to Archery-How do you hold a bow? What is a "nock?" This class will teach you how to select bows and arrows and show you other basic archery equipment. Participants will take part in stationary and aerial shooting using Matthews Genesis compound bows which have an easy draw weight.

Firearm Handling/Safety in the Home: In this class you will learn how to safely handle rifles, shotguns, and handguns along with how to store them safely in your home. You will learn about gun locks and storing ammunition. This class is designed for women who aren't necessarily interested in hunting or shooting, but want to be comfortable handling firearms they may have in their home. No shooting will take place.

Maps & Compass 1-Have you ever used a compass? Learn the "language" of map reading and how a compass functions. Combine these skills and you'll be navigating the outdoors with confidence. We recommend taking the Map & Compass Field Course to really practice what you learn in this class. Compasses will be provided for your use during the class. Some outdoor exercises are involved so dress accordingly. ***This is the prerequisite for the Map & Compass 2 Field Course class.**

Take a Hike- Put on your hiking boots and hit the trail! This class is more about exploring and enjoying the trail than hiking technique. Beginners are welcome but you must be able to navigate uneven and steep terrain. Our guides will provide information about the landscape along the way.

Backpacking Basics-Interested in backpacking, but don't know what kind of backpack to buy or how to pack it? Maybe you are a seasoned backpacker looking to learn a few tips or more efficient backpacking techniques. We'll cover all you need to know to be comfortable in the woods. We'll also cover the basics of day hiking—like trip planning, gear and what to bring, so you can spend more time outdoors.

WORKSHOP DESCRIPTIONS

Bear Awareness-Whether you are frightened or fascinated when you hear the word “bear” this class is for you. Learn about the life histories and habits of grizzly bears and black bears. Learn how to avoid bears and what to do if you encounter one. Then, work through various practice scenarios so you can become more confident and be safer while recreating.

Intro to Fly Tying-Learn about fly tying techniques, materials, and tools as you create flies for your next fishing trip. You’ll tie wet and dry flies as you learn about the life cycle of the insects they are imitating. If you use cheater glasses please bring them to class.

Intro to Outdoor Photography- Improve your outdoor photography skills. You’ll learn how F-stop, shutter speed and depth of field work together to give the outdoor photographer creative tools for better images. You’ll venture outside to shoot some photos in the field and, as time permits, download some photos for viewing and critique. We’ll also discuss outdoor ethics for responsible photography. Bring your digital camera with SD card and its instruction manual to class.

Wilderness Survival 2-You’re lost in the woods—now what do you do! See what it takes to set up your own survival camp. Learn how to choose a good site and build a shelter, make fire, and how to signal for search & rescue. Find out if the stuff in your day-pack is what you truly need. ***Participants must take the Wilderness Survival-1 class at this or a previous workshop AND bring a day pack with the items you would carry.**

Sausage Making 101 – Don’t let making sausage intimidate you. Sausage was historically made from trim to use otherwise unused scraps of meat and to keep it from going to waste. You can grind and season meat using equipment you probably already have at home. You’ll learn about grinding methods and equipment, cuts of meat, fat, and casings while you make several types of sausage. Maximize your harvest and create delicious delicacies in your own kitchen.

Wildlife of Montana-Learn about all the amazing wildlife Montana has to offer. You will talk about habitat, animal habits, signs like scat and tracks, and trips for living with wildlife you might find in your yard.

Intermediate Plant ID: This class will go into more depth picking up where the Beginner Plant ID class left off. You will learn more about where you will most likely find certain types of plants, and you will learn about identifying noxious weeds in Montana. There is no pre-requisite for this class, but you should have basic plant ID knowledge.

Map and Compass 2-Field Course-Bring your water bottle and hiking boots and put your navigation skills to work. This class is designed to let you practice what you learned in the previous Map & Compass class. Walking with a partner you’ll navigate to pre-set points on a map. ***Participants must have completed the Map & Compass class at this or a previous BOW workshop.**

WORKSHOP DESCRIPTIONS

Nature Journaling-Learn how to quietly observe nature, reflect on what you see, how you see it, and express this in a journal using words and images. This class is for **any** artistic skill level. You'll learn to develop an intimate relationship with the natural world, discover insights to ourselves, and have fun doing so. Bring a journal and the medium of your choice (pencil, pen, watercolors) if you desire.

Birding Basics-You'll learn birding basics as well as the best techniques for bird watching. Learn the basics of using binoculars and field guides and discuss bird biology and identification tips throughout the morning. Binoculars and bird field guides will be available to borrow, or bring your own.

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2018 Montana Sponsors

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BOW 2018 Workshop Registration-Birch Creek

Name: _____

- ☐ I am a new Summer BOW participant.
☐ I have been to a Montana Summer BOW workshop before.

Address: _____ City: _____ State: _____ Zip: _____

Day Phone: _____ Cell Phone: _____

Email: _____ Birth Year: _____ Must be 18 to Attend

In case of Emergency, call: Name: _____ Phone: _____

Do you have special dietary needs? Vegetarian ☐ No Gluten ☐ No Dairy ☐ Other (note below) ☐
 We will attempt to accommodate your needs.

Please indicate your first (1), second (2) and third (3) choice options for each of the four sessions in the columns below. * indicates a prerequisite. Please read course descriptions.

Session I Friday Afternoon	Session II Saturday Morning	Session III Saturday Afternoon	Session IV Sunday Morning
____ Wilderness Survival 1	____ Map and Compass 1	____ Wilderness Survival 2*	____ Map and Compass 2*
____ Backpack Chef	____ Take a Hike	____ Sausage Making	____ Take a Hike
____ Beginning Plant ID	____ Backpacking Basics	____ Intro to Archery	____ Nature Journaling
____ Intro to Archery	____ Bear Awareness	____ Intro to Fly Tying	____ Firearm Handling/ Safety in the Home
____ Firearm Handling/ Safety in the Home	____ Intro to Fly Tying	____ Wildlife of Montana	____ Birding Basics
	____ Photography	____ Interm. Plant ID	____ Photography

- ☐ I'm a teacher. I would like to receive OPI Renewal Units.
☐ I will participate in the book club.
☐ I would like my contact information (name, address, phone number and email) shared in the participant information packet.
☐ I am interested in carpooling.
☐ **T-shirt size unisex (circle one):** Small Medium Large X-Large 2XL 3XL

Scholarships: A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Please submit a one-page letter explaining your needs and why the scholarship would benefit you. Recipients will stay at the camp and should include a check for the balance of the workshop fee (depending on lodging choice). Preference is given to full-time students and single parent households.

BOW 2018 Workshop Registration-Birch Creek

Name: _____

Workshop Fee-includes instruction, class materials, and use of demonstration equipment.

Please choose lodging:

___ \$225 includes lodging (bunk beds) and meals. I would like to room with: _____

___ \$215 includes tent/camper space (circle one) and meals.

___ \$175 includes meals; I have my own lodging off site

___ Check/money order included with my registration. Make check payable to **FWP**.

___ Bill my credit card ___ Visa ___ Mastercard ___ American Express

Name as it appears on card: _____

Card # _____

Expiration Date: _____ 3 digit security code on back: _____

Expires: _____ / _____ Security code on back: _____
 Month Year

No registrations accepted by phone, email, fax or walk-in, or on forms other than this one.

Cancellation deadline: Cancel on or before July 16th, to receive a full refund. Cancellations made between July 16th and July 23rd, 2018 will incur a \$40.00 processing fee deducted from your refund. Cancellations between July 24th-July 27th will incur a \$100 processing fee deducted from your refund. You may also choose to send a substitute. No refunds if canceling on/after July 30th.

Mail completed registration forms and checks to:

FWP-BOW

PO Box 200701

Helena, MT 59620-0701

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness, death, and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

Signature _____

Date _____